



Safety Message

Your Personal Safety is our #1 priority

Heat Rash and Heat Cramps

Compiled by USDA-APHIS-CCEP

- **Heat Rash**

Heat Rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age, but is most common in young children.

- **Recognizing Heat Rash**

Heat Rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breast, and in the elbow creases.

- **What to Do**

The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort, but avoid using ointments or creams – they keep the skin warm and moist and may make the condition worse. Treating Heat Rash is simple and usually does not require medical attention.

- **Heat Cramps**

Heat Cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat Cramps may also be a symptom of Heat Exhaustion.

- **Recognizing Heat Cramps**

Heat Cramps are muscle pains or spasms – usually in the abdomen, arms, or legs – that may occur in association with strenuous activity. If you have heart problems or are on a low sodium diet, get medical attention for Heat Cramps.

- **What to Do**

If medical attention is not necessary, take these steps:

1. Stop all activity, and sit quietly in a cool place.
2. Drink clear juice or a sport beverage.
3. Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to Heat Exhaustion or Heat Stroke.
4. Seek medical attention for Heat Cramps if they do not subside in 1 hour.

References: Centers for Disease Control Website.